



James City County Recreation Center, 5301 Longhill Road, Williamsburg, VA 23188



Rec Center Times

June/July 2015

Summer Greetings! I recently read a quote that states, “Deep summer is when laziness finds respectability.” I know it is tempting to act upon this when the weather is as hot as it has been, but I encourage you to continue with your summer workouts in our air-conditioned facility. However, if you chose to move your workouts outside, there are some tips in this newsletter to help keep you safe.

We have been busy the last two months installing additional equipment in the center to enhance your workout experience. First, there is a new water bottle filling station outside the locker rooms. In addition to providing cold, filtered water for you to drink, it also has a counter on it that tells you how many bottles are saved from the landfill with each fill-up. As of today, that total is 10,228 and counting. Several new pieces of equipment have also been installed in the cardio room and the free weight area. Check out the fitness corner section to read about the new ab machine and other additions.

A final improvement that was made is the landscaping placed along the entrance walkway. So many of you have expressed delight at the new flowers and have asked what they are; we have added a row of sky pencil hollies and double knockout roses. I hope you enjoy them as much as I do.

As part of the new approved James City County FY16 budget, there are several fee increases that go into effect July 1st. Most increases are very modest, but there is one change I want to make you aware of; you will no longer be able to upgrade your pass throughout the year. You may still purchase a 3, 6 or 12-month pass, but the fee is set for each and you will pay more for your year if you break it up by months. Please stop by the desk to pick up the new fee sheet for the details.

On a sad note, Dale Lee, our daytime custodian, has retired from the County. Dale was a fixture here at the center for over 20 years, and a pleasure to work with. I know you join me in wishing him well in his endeavors. As always, please contact me with any concerns or questions.

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...AND MORE!



Fitness Corner

FITNESS SPOTLIGHT | BEAT THE HEAT!

If you don't take care when exercising in the heat, you risk serious illness. Both the exercise itself and the air temperature increase your core body temperature. If the humidity is high, your body faces added stress because sweat doesn't readily evaporate from your skin, pushing your body temperature even higher. When you exercise in hot weather, keep these precautions in mind:

Watch the temperature. Pay attention to weather forecasts and heat alerts.

Get acclimated. If you're used to exercising indoors or in cooler weather, take it easy at first when you exercise in the heat.

Know your fitness level. If you're unfit or new to exercise, be extra cautious when working out in the heat.

Drink plenty of fluids. Dehydration is a key factor in heat illness. Help your body sweat and cool down by staying well hydrated with water. Don't wait until you're thirsty to drink.

Dress appropriately. Lightweight, loose-fitting clothing helps sweat evaporate and keeps you cooler.

Avoid midday sun. Exercise in the morning or evening, when it's likely to be cooler outdoors.

Wear sunscreen. A sunburn decreases your body's ability to cool itself.

Have a backup plan. If you're concerned about the heat or humidity, stay indoors. Work out at the Rec Center, walk laps inside or climb stairs in our air-conditioned building!

Understand your medical risks. Certain medical conditions or medications can increase your risk of a heat-related illness. If you plan to exercise in the heat, talk to your doctor about precautions.



Heat-related illnesses are largely preventable. By taking some basic precautions, your exercise routine doesn't have to be sidelined when the heat is on. Information collected from www.mayoclinic.org

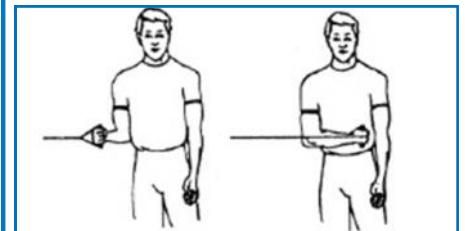
CYBEX FEEDBACK

As you know, our 19-year-old Cybex strength training line has been updated with an entire new line of equipment. The feedback has been extremely positive, but we understand that change can be hard.

Unfortunately, the company no longer manufactures a few pieces that many of you enjoyed in the old line. We were not able to purchase a new wrist/forearm machine or a shoulder rotation machine. However, these exercises can be done with other pieces of equipment that you can find in the free weight area.



The wrist/forearm exercise can be done with a dumbbell, Body Bar, or the rope with a handle.



Shoulder rotation exercises can be done with resistant bands or on the cable machines.

If you have any questions about where these pieces of equipment are located or how to perform the exercises, please ask one of the fitness staff for assistance.

IMPROVEMENTS CONTINUE IN THE FITNESS AREA!

- Check out the EXT3 Plate Loaded Abdominal Machine in the free weight area which targets the lower abdominals (pictured)
- We added an additional elliptical machine with arms and a personal viewing screen
- One of the Stairmaster steppers was replaced with a new model
- 2 of the upright bikes are also being replaced with newer versions





Aquatics Corner / The Lounge

SUMMERTIME AQUATICS CLASSES

Join us for outdoor aquatic classes at Chickahominy Riverfront Park!

Class will run Saturdays at 10 a.m. from now until September 5.

\$8 per class (group fitness wristbands and 10-tabs can be used from JCCRC).

If you have a wristband or 10-tab already, go straight to the pool, otherwise go to the park office 10 to 15 minutes prior to the class to purchase a day pass. Class formats will vary, but will be appropriate for all levels.

For questions, call Ellen Womeldorf at 259-4176 or the Chickahominy Park Office at 258-5020.



BEAT THE HEAT AT THE REC CENTER

- Cool, refreshing air conditioning
- A walking track (11 laps for a mile)
- A pool where you cannot get a sunburn
- New water bottle filling station
- No need for sunscreen or bug spray!
- Activities for all ages
- Over 50 Group Fitness classes per week



THE LOUNGE SPOTLIGHT | AMY FIEDOR



How long have you worked for the County?

I have been an employee for 21 years. All of my jobs have been in Parks until my recent move to the Lounge, where I serve as the program coordinator.

What is the best part of working for Parks and Recreation?

The best part of my job is helping people have fun, from providing them with a great camping vacation to telling them how to find an area attraction or County park. Ultimately it's helping them make fantastic and lasting memories that gives me joy.

What is your favorite quote or saying?

"Religion is a smile on a dog." by Edie Brickell. If I could rescue every Labrador Retriever who needs a home and build a 1,000-acre water-playground for them I would because I agree with this quote.

Where is your favorite place to visit?

A couple of my favorite places are the hidden waterfalls on the road to Hana on Maui, HI, and the Neuschwanstein Castle in Bavaria. Both are magical places!





"Leftovers"

RECIPE OF THE MONTH | GREEN SCALLOP TACOS

Green Scallop Tacos

Skinnytaste.com

Servings: 4 • Serving Size: 2 tacos • Old Points: 7 pts • Points+: 9 pts
Calories: 339 • Fat: 16 • Carbs: 34 g • Fiber: 6 • Protein: 18 g • Sugar: 3 g
Sodium: 657 mg • Cholesterol: 27 mg

Ingredients:

For the green herb salsa:

- 2 garlic cloves, skin left on
- 2 small jalapeños
- 2 tbsp olive oil
- 1 large bunch fresh cilantro, leaves only
- 1 large bunch parsley, leaves only
- 1 cucumber, peeled, seeded and diced small
- 1 medium haas avocado
- 1/2 tsp kosher salt
- 1 to 2 tbsp water as needed

For the taco:

- 16 fresh scallops (about 1 lb)
- 1/8 tsp kosher salt and fresh ground pepper to taste
- 2 tsp oil
- 1 lime, cut into wedges
- 8 corn tortillas

Directions:

- Toast the garlic and jalapeños in a dry skillet until golden. Remove from heat, peel garlic and seed the peppers. Combine with olive oil, cilantro and parsley in a small blender with just enough water to blend. Place in a bowl and combine with diced cucumber and avocado.
- Pat the scallops dry with paper towels. Season with salt and pepper. Heat a medium skillet over high heat, add 1/2 teaspoon oil and cook the scallops 4 at a time for about 1 1/2 to 2 minutes on each side, or until they

become caramelized and the center is cooked – do not overcook. Set aside and repeat with the others.

- To serve, heat the tortillas on a separate skillet about 30 to 60 seconds on each side, top each with 1/4 cup sauce and 2 scallops. Squeeze some fresh lime juice on top and eat right away.



10% DISCOUNT!

Sticks Kebab Shop is a proud Parks & Recreation program sponsor. Stop by Sticks at 5223 Monticello Avenue and show your Rec Center membership card to get 10% off your order.



HOLIDAY CLOSINGS

The James City County Recreation Center will be closed on Saturday, July 4 for the observance of Independence Day. We will reopen at 1 p.m. on Sunday,

FEE INCREASES

- **Daily Access Pass** - The cost of this pass option remains \$10; however, the pass must be renewed annually instead of every two years. Passholders will still benefit from reduced daily rates, ranging from \$2-\$10 a visit. **Free Use Times at the Recreation Center will be eliminated on July 1.**

Note: Until June 30, patrons who have a Daily Access Pass may continue to enter the facility for free during the designated free times.

- **Family, Senior and Youth Access Passes** - Dependent upon your selected pass option, fees have been adjusted \$5-\$20. Pass upgrades (3 months to 6 months, 6 months to 12 months, etc.) will be discontinued effective June 30.
- **The Lounge**, located inside the Center - Membership fees increase by \$10/annually.
- **Swim Lessons** - Fees increase by \$5/session.
- **Abram Frink Community Center Passes** - Weekend free visits at the JCCRC will be eliminated on July 1.

